



# WEEKLY UPDATE

7 July 2020

Happy Tuesday, Fort Sill Leaders! Here's your weekly ACS Update, all the Soldier and Family Readiness news you can use to support the personnel in your organization. Contact us at 580-442-4916 if we can be of assistance. If we can't assist you immediately, we'll make an appointment for you to discuss the issue with one of our providers. Like our logo says, we are here to support you with real life solutions for successful Army living!

## Community Information Services

1. Scheduling ACS assistance is as easy as 1-2-3. Step #1—call 580-442-4916 and set a telephonic intake and assessment session with one of our ACS Specialists. You'll need to set aside approximately 30-45 minutes of free time for your tele-appointment. Step #2—your ACS Specialist will discuss your unique situation with you during a family needs assessment. Step #3—we'll assist you in scheduling all your social service referral appointments, whether you need help with finding speaker for your unit, finding a job, using the lending closet, getting connected with other Families through New Parent Support, or simply acclimating to Lawton Fort Sill. We'll also schedule follow-up appointments so we can make sure the support we referred you to was exactly what you needed.

2. The American Red Cross Service has summer volunteer opportunities at Reynolds Army Health Clinic for Youth ages 13-24 who may be interested in pursuing a career in one of the medical fields. Contact the Service to the Armed Forces Regional Specialist, Laura Arias, at [laura.arias@redcross.org](mailto:laura.arias@redcross.org) or 580-919-3938 for information on how to access this valuable program.



**American  
Red Cross**

3. You'll find best practices, life hacks, and lessons learned from both MilSpouses and MilKids at the Military One Source Blog Brigade. This month there are blogs on free summer adventures for MilKids, transitioning from one duty station to another, mental health, self-care, state licensing reciprocity.

<https://blog-brigade.militaryonesource.mil/>



4. The Lawton Public Library's July newsletter is now available! Find out more information about LPL's new virtual classes, the special book sale, and more! Please practice social distancing when using the library by giving curbside a try! Download the newsletter from their webpage to learn more.

<https://www.lawtonok.gov/departments/library>



5. Fit Kids of SWOK is hosting their 2nd Saturday Bike in the Park, July 11th, 9-10:30am, Kids Zone, Greer Park, 541-573 NW 38th Street in Lawton. Social distancing will be practiced. Hand sanitizer and masks will be available. Helmets are required and there will be a few small helmets available for loan. This is a great opportunity for families new to the area to get out and meet others interested in an active lifestyle.

## Employment Readiness

1. DoD's Spouse Education & Career Opportunities is hosting multiple virtual events this month. Choose from Military Spouse Employment Partnership (MSEP) Partner LinkedIn Live or Career Coach Live on July 9th. MSEP Partner Connect social media discussions on July 16th and 23rd, or a webinar on Finding a Job at a New Duty Station on July 23rd. Times vary. RSVPs are required at

<https://myseco.militaryonesource.mil/portal/home/eventdetails>



SPOUSE EDUCATION &  
CAREER OPPORTUNITIES

2. Hire Heroes USA is hosting several webinars that will likely appeal to Military Spouse jobseekers including Military Spouses: A Discussion on Overcoming Barriers to Employment on 22 July and Military Spouses: Master the Job Market on 28 July. Hiring Heroes USA is a non-profit partner in the Military



**HIRE HEROES**  
USA



Spouse Employment Partnership. Learn more about them or register for one of their on-line events at <https://www.hireheroesusa.org/career-events/>



**EFMP** Family Support

## Exceptional Family Member Program

1. The Fort Sill EFMP Virtual Social Connections group will be hosting a monthly book club! Each month Exceptional Families will meet virtually on the 3rd Tuesday at 2:30pm. In July, they will kick off with Family story time and provide a free children's book for pick up the day before! Then in August they will switch gears with a book club for adults (book will be provided). These activities are available to Exceptional Families assigned or attached to Fort Sill on a first come, first served basis. Registration is required. Contact Nicole Tazwell at (580) 442-0670 or [tazwelln@magellanfederal.com](mailto:tazwelln@magellanfederal.com) today!
2. Fort Sill EFMP's first ever Virtual Game Night will be July 24th, 5:30-6:30pm. This activity will provide a fun way to interact with other EFMP families in our community while playing games from the comfort of their own homes. Register via phone with Nicole Tazwell at (580) 442-0670, [tazwelln@magellanfederal.com](mailto:tazwelln@magellanfederal.com) or email Jennifer Aguirre at [jennifer.n.aguirre.civ@mail.mil](mailto:jennifer.n.aguirre.civ@mail.mil)
3. There are still many new and exciting things happening in Oklahoma! For example, the Tinker Air Force EFMP is inviting Army EFMP Families participate in the We Rock The Spectrum Summer Camp, August 3rd—7th for children ages 4-11 years. If interested, please contact the Tinker AFB EFMP at 405-739-2747 or 469-707-0506.
4. The Reynolds EFMP now has a new office number: 580-558-8229. For assistance with EFMP updates, enrollments, dis-enrollments, please email RAHC EFMP at: [usarmy.sill.medcom-rach.list.efmp@mail.mil](mailto:usarmy.sill.medcom-rach.list.efmp@mail.mil).
5. Don't forget to sign up for the EFMP Facebook Group through the Fort Sill ACS FB page for more great information! [Facebook.com/FortSillACS](https://www.facebook.com/FortSillACS)



## Family Advocacy Program

1. Fort Sill's New Parent Support weekly meetup for Exploring the Park is a hit! This event includes a drive thru every Monday to pick up a craft item for Tuesday's virtual on-line group session. Participants drive thru Co-Op Park each Monday from 9:30-10:00am to pick up a craft kit for their children. Our NPSP Home Visitors safely passing out kits while parents and children stay in their cars. Masks on, and extra cool points for fun ones! Then, participants join the virtual group on Tuesday from the comfort and safety of their homes while our Home Visitors guide them through activities such as story time, crafts, dancing, and/or singing. Home Visitors are always available to answer questions related to age appropriate activities and growth and development. REGISTRATION IS REQUIRED for resource pick-up and attendance in the virtual group. Send us a message through the Fort Sill Army Community Service Facebook page, include your email address. <https://www.facebook.com/pg/FortSillACS/events/>
2. Join our New Parent Support Program (NPSP) staff for a virtual Baby Massage group every Wednesday at 11:00 am. Registration is required to attend. Please message our page to speak with NPSP staff for access information. You will be able to massage your baby (birth to crawling) from the comfort and safety of your own home while our Home



Visitor guides you through group video chat through the process. Baby Massage can relax, soothe, reduce colic, aid digestion and strengthen your bond with your baby. You will need a soft blanket, massage oil or lotion of your choice and of course your sweet baby. Learn more on our Facebook page

<https://www.facebook.com/pg/FortSillACS/events/>. Don't forget to register!

3. The heat of Oklahoma summers is no joke. So our friends at Safe Kids want to remind everyone about the importance of vehicle safety. They recommend we all Park. Look. and Lock. Never leave a child alone in a car. Remember to A.C.T. which stands for Avoid heatstroke by Creating reminders, such as leaving your wallet near your child's car seat and, if you see a child alone in a car Take action by calling 911 immediately. Please help us spread the word by downloading the infographic and posting it in your organization! <https://www.safekids.org/sites/default/files/hs.infographic.pdf>



4. On Wednesday, July 15, 2020 from 12 - 1:30 pm, the Fort Benning Family Advocacy Program (FAP) is hosting a FREE online event via Facebook and they are opening it to all Fort Sill families as well. Dr. Jennifer Thomas, psychologist, best-selling author, and motivational speaker on Apology Languages & The Five Love Languages, will present a live, interactive webinar "Learning Practical & Creative Ways to Use The Five Love Languages". The challenges partners face on a daily basis can take a heavy toll even on the healthiest relationships. Dr. Thomas will share how relationships can survive even thrive and deepen creating a calm and peaceful home for the whole Family. She will present the secret to love that lasts with solutions and answers to your questions. Please come join us and feel free to forward this information. Register at <https://www.facebook.com/events/2913935885322954> or visit the Fort Benning MWR Facebook page to follow at <https://www.facebook.com/BenningFMWRfans>.

## Financial Readiness



1. There are still spots available in the Kids and Finance 101 virtual storytime, 20-24 July with Fort Sill's FRP team. Military Kids in 2nd—4th grade, along with their favorite big person, will love learning how money works from a Personal Financial Counselor who will read a different Dave Ramsey storybook each day. Find out more information, including registration requirements, on our ACS Facebook <https://www.facebook.com/FortSillACS>.

2. Fort Sill's Financial Readiness Team is your one-stop-shop for financial training within your organization. Whether you are looking to inform your organization about TSPs, the Blended Retirement System, vehicle or home-buying, or debt reduction the FRP Team has you covered with 3 Personal Financial Counselors and the ability to tailor a virtual training to your organization's specific needs. See the attached training request form for more information or contact FRP Manager, Ken Lewis, at 442-4916, [kenneth.a.lewis4.civ@mail.mil](mailto:kenneth.a.lewis4.civ@mail.mil) to schedule your unit's training session.

3. July is Military Consumer Month and military families will find a ton of helpful resources on [www.militaryconsumer.gov](http://www.militaryconsumer.gov) or their social media platform <https://www.facebook.com/MilitaryConsumer> which is filled with daily helpful tips, infographics, and videos on everything from saving and investing wisely to avoiding trendy scams like those that attempt to use Coronavirus as the hook.



4. We are just one week away from the tax-filing deadline of July 15, giving you more time to file your taxes. Join thousands of other service members who've used MilTax to do their taxes or file for an extension. Designed for military life, Military OneSource's MilTax suite of free tax services takes the guesswork out of filing. <https://www.militaryonesource.mil/financial-legal/tax-resource-center/miltax-military-tax-services> MilTax incorporates military-specific scenarios, including: Deployments, PCS deductions, Rental properties, and Multi-state tax filings. All MilTax services are 100% free to military members and their families, with no hidden surprises.





## Mobilization, Deployment, Stability and Sustainment Operations (MDSSO)

Fort Sill no longer has one person assigned to support Units and Families experiencing an active deployment cycle, we have eight! ACS is proud to count the 8 Military Family Life Counselors assigned or attached to Fort Sill among our staff. Each is a licensed professional, able to work independently and anonymously with individuals or couples, and able to conduct presentations on a wide variety of military family life topics within your organizations. Best of all, they are telehealth capable so location, childcare, travel time, perception of stigma, and lack of transportation is no longer an issue! Give us a call today at 580-442-4916 to get connected with one of the Fort Sill MFLCs. Learn more about this DoD funded program at <https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling>

### RELOCATION ASSISTANCE PROGRAM



Moving Made Easy

## Relocation Readiness

1. PCS Season is upon us! Have you downloaded your next duty station's welcome packet, including a .pdf guide of all the important facilities, contacts, and hours of operation. Know before you go with Military Installations. This database is kept up by DoD information and referral specialists around the globe and housed on Military One Source. Find your next "home base" at <https://installations.militaryonesource.mil/>

2. The Fort Sill Lending Closet, full of regular household items available for loan, is now open through a "no-contact" process. If you are scheduled to PCS this summer, whether in-coming or out-going, please contact ACS immediately after you schedule your move with transportation. We'll discuss your family needs, your timeframe to borrow the common household items we have in the lending closet, and then get the sanitized items packaged for a scheduled, curb side pick-up. Call us at 580-442-4916. Please note that all ACS services, including the Lending Closet, are available **by appointment only**. Call ahead to help us help you!

3. Have you downloaded the Army's PCS app yet? The Household Goods (HHG) smartphone application provides updated information on Soldier's and service provider's requirements, entitlements and policies. The HHG app provides essential knowledge and tips designed to educate Soldiers, Families, and the Department of the Army Civilians on moving HHG under a Permanent Change of Station (PCS). The HHG app is a knowledge-based information tool. The focused areas are entitlements, move types, plan/schedule your move, claims, special items, and moving references. It is an interactive app that helps anyone prepare for their PCS move. This app is developed with more practical and interactive functionality to assist with and improve the HHG movement process. The app is free. Check for it in your app store.



4. Plan My Move is the Military One Source "go to" location for all your Pre-CS timelines and checklists. Answer a few simple questions about your Family demographics and the location you'll be moving to, and it will provide you with all the checklists you need to get yourself organized. The site works in concert with Military Installations to populate calendars, an extremely helpful function. Check it out at <https://planmymove.militaryonesource.mil>

**PLAN  
MY MOVE**



## Survivor Outreach Services

If you've never visited the Fort Sill Hall of Remembrance, located on the ground floor of Building 4700, I encourage you to do so. The hall is filled with photos of fallen heroes placed there by their Gold Star Families during a special ceremony. Its conference room features a Gold Star children's area. Survivor Outreach Services is available for small group tours of the Hall of Remembrance by appointment. Call us at 580-442-4916 to set an appointment.

Thank you so much for all your help in molding service delivery method for Fort Sill. Your feedback and attendance at our virtual events has spoken loud and clear. Remote service delivery offerings lower common service barriers such as hours of operation, transportation, childcare, and the concern that "everyone will know our business." Fort Sill ACS will be moving forward with more virtual events, webinars, and remote offerings in the future. Please take a minute to tell us how we're doing and what else we might assist you with by filling out an [ICE comment card](#). That's it for this week.

Stay Positive! #AskACS  
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